



Hi everyone,

Music and Singalong

We have always known that “singing is good for the soul” and that it is a great therapy for those who are living with dementia. And we have wondered whether we should try to set up a music and singalong group within The Debenham Project. Over the years we have greatly enjoyed joining in with carols at our Christmas Party and old time at our Garden Party led by our “Music Master” Stephen McKie. However, setting up a regular group has eluded us until now – but not for much longer, I hope!

A very talented member of the Debenham music scene has very generously offered to give up her time to make it happen. It takes a special person to stand on a stage and entertain an audience, it takes a special person to lead a choir, but it also takes a special person to get us all remembering the old time songs, the wartime songs, the songs of the 50's, 60's, and 70's - and singing along as if “they were there” in the pub, the village hall, the disco, and the gig.

Of course, there is a bit of organizing and arranging to do but I hope we will have put together the volunteers, invited an initial mixed participation of carers, cared-for, and others from the community, updated our songbook, etc. in time to start before Christmas. We shall probably begin with monthly sessions with the possibility of making them fortnightly if it all goes well.

Meanwhile, we will keep on with all our other activities and groups - Fit Club, Lunch Clubs, TLC Group, Carers Club and Info Café – as well as individual support. If you have a relative or friend, who might be struggling to cope with caring for a loved one with symptoms of dementia, please let them know about The Debenham Project.

Finally, a big, big thank you to all our volunteers, and donors without whom there would be no Project.

With all my thanks and best wishes,

Lynden Jackson

www.the-debenham-project.org.uk ; 01728 862003